My Night To Howl

级数: Intermediate

编舞者: Bill Clayton

拍数: 64

音乐: My Night to Howl - Lorrie Morgan

EXTENDED VINE TO LEFT, HIP BUMPS, KICKBALL CHANGE TWICE, STOMP, STOMP

- 1-2 Step left to side, step right behind left
- 3-4 Step left to side, cross right over left
- 5-6 Step left to side, touch right against left
- 7-8 Bump hips forward twice at 45 degrees to right
- 1-2 Bump hips back at 45 degrees to left
- 3&4 Kick right leg forward, step left together
- 5&6 Kick right leg forward, step left together
- 7-8 Stomp right, foot stomp left foot

EXTENDED VINE TO RIGHT, HIP BUMPS, KICKBALL CHANGE, STOMP, STOMP

- 1-2 Step right to side, step left behind right
- 3-4 Step right to side, cross left over foot
- 5-6 Step right to side, touch left against right
- 7-8 Bump hips forward twice at 45 degrees to left
- 1-2 Bump hips back at 45 degrees to right
- 3&4 Kick left leg forward, step right together
- 5&6 Kick left leg forward, step right together
- 7-8 Stomp left foot, stomp right foot

STEP-LOCK-STEP, HOLD, STEP-LOCK-STEP, HOLD

- 1-4 Step left foot forward, lock right behind left, step left foot forward, hold
- 5-8 Step right foot forward, lock left behind right, step right foot forward, hold

2 X ¼ TURNS (PADDLES), STEP-LOCK-STEP, HOLD

- 1-4 Weight on right foot make 2x ¼ turns to the right
- 5-8 Step left foot forward, lock right behind left, step left foot forward, hold

TOE & HEEL, CHA-CHA STEPS, TOE & HEEL, CHA-CHA STEPS

- 1-2-3&4 Point right toe forward at 45 degrees, point right heel forward at 45 degrees, cha-cha step on the spot (right-left-right)
- 5-6-7&8 Point left toe forward at 45 degrees, point left heel forward at 45 degrees cha-cha step on the spot (left-right-left)

HIP BUMPS (RIGHT & LEFT), KICK BALL CHANGE, STOMP STOMP

- 1-4 Bump hips forward twice at 45 degrees to left, (moving slightly forward), bump hips forward twice at 45 degrees to right, (moving slightly forward)
- 5&6 Kick left foot forward, weight on ball of right foot step right together
- 7-8 Stomp left foot, stomp right foot

REPEAT





墙数:2